

Maple Valley

September 2015 MENU

K-8

Mon	Tue	Wed	Thu	Fri
	1 Chicken Divan Gateway Salad/dressing Corn Bread/Marg Peaches Milk	2 Chicken Tamale Pie Black Beans Brown Rice Spiced Apples Milk	3 BBQ Chicken Sand Coleslaw Three Bean Salad Pineapple Milk	4 Mexican Beef Macaroni Peas and Carrots Cornbread/Marg Orange Milk
7 LABOR DAY HOLIDAY NO SCHOOL	8 Stroganoff Carrots Brown Rice Applesauce Milk	9 Beef Tamale Pie Brown Rice Black Beans Pears Milk	10 Breaded Fish Stewed Tomatoes Spinach Peach Cup Apple Juice Milk	11 Meatloaf/Gravy Scalloped Potatoes Green Beans Cornbread/Marg Applesauce Cup Milk
14 Stew Spinach Corn Brown Rice Mixed Fruit Milk	15 Rodeo Macaroni Carrots Spiced Peaches Milk	16 Chicken Sandwich Baked Beans Baby Carrots Lettuce/Pickle Applesauce Milk	17 Beef Bean Tamale Pie/Sour Crm Green Beans Brown Rice Apricots Milk	18 Chicken Salad Gateway Salad/dressing Pasta Salad Oatmeal Muffin Strawberries Milk
21 Country Fried Steak Mash Potatoes/Gravy Broccoli Bread/Marg Applesauce Milk	22 STAFF WORK DAY NO STUDENTS	23 Beef Taco Pie Brown Rice Brown Beans Cherry Tomato Blueberries Milk	24 Chicken Stir Fry Green Beans Brown Rice Mandarin Oranges Milk	25 Hamburger/Ketchup Sweet Potato Fries Lettuce/Pickle Pineapple Milk
28 Chicken Pattie Mashed Pot/Gravy Broccoli Cornbread Peaches Milk	29 Tuna Sandwich Gateway Salad/Dressing Ice Cream Pineapple Milk	30 Beef Burrito Black Beans Salsa Sour Cream Mixed Fruit Milk		

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Maple Valley

September 2015 MENU

9-12

Mon	Tue	Wed	Thu	Fri
	1 Chicken Divan Gateway Salad/dressing Corn Bread/Marg Peaches Raisins Milk	2 Chicken Tamale Pie Black Beans Brown Rice Spiced Apples Apricots Milk	3 BBQ Chicken Sand Coleslaw Three Bean Salad Pineapple Choc Pudding Milk	4 Mexican Beef Macaroni Peas and Carrots Cornbread/Marg Orange Applesauce Milk
7 LABOR DAY HOLIDAY NO SCHOOL	8 Stroganoff Carrots Brown Rice Applesauce Milk	9 Beef Tamale Pie Brown Rice Black Beans Pears Milk	10 Breaded Fish Stewed Tomatoes Spinach Peach Cup Apple Juice Milk	11 Meatloaf/Gravy Scalloped Potatoes Green Beans Cornbread/Marg Applesauce Cup Peaches Milk
14 Stew Spinach Corn Brown Rice Mixed Fruit Milk	15 Rodeo Macaroni Carrots Garlic Toast Spiced Peaches Milk	16 Chicken Sandwich Baked Beans Baked Lays Baby Carrots Lettuce/Pickle Applesauce Milk	17 Beef Bean Tamale Pie/Sour Crm Green Beans Brown Rice Apricots Milk	18 Chicken Salad Gateway Salad/dressing Pasta Salad Oatmeal Muffin Strawberries Milk
21 Country Fried Steak Mash Potatoes/Gravy Broccoli Bread/Marg Applesauce Milk	22 STAFF WORK DAY NO STUDENTS	23 Beef Taco Pie Brown Rice Brown Beans Cherry Tomato Blueberries Raisins Milk	24 Chicken Stir Fry Green Beans Brown Rice Mandarin Oranges Milk	25 Hamburger/Ketchup Sweet Potato Fries Lettuce/Pickle Pineapple Milk
28 Chicken Pattie Mashed Pot/Gravy Broccoli Cornbread Peaches Raisins Milk	29 Tuna Sandwich Gateway Salad/Dressing Ice Cream Pineapple Peaches Milk	30 Beef Burrito Black Beans Brown Rice Salsa Sour Cream Mixed Fruit Milk		

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